

**AMENDMENTS TO THE CLAIMS:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**LISTING OF CLAIMS:**

1. (Currently Amended) An adjustable steering column, comprising:
  - a first locating coupling and a second locating coupling, the first locating coupling and the second locating coupling arranged opposite one another, each of the first locating coupling and the second locating coupling including two coupling parts configured to be brought into contact with one another;
  - a pressure element arranged between two mutually corresponding, medial ones of the coupling parts of the first locating coupling and the second locating coupling; and
  - a tension element interconnecting two outer mutually corresponding ones of the coupling parts of the first locating coupling and the second locating coupling;
  - wherein the pressure element includes a torsion spring configured, with mutually opposite ends in an expanded state, to push the medial coupling parts away from each other and in the direction of the outer coupling parts and, while in a compressed state, the distance between the ends is configured to be shortened by bending; and
  - wherein engaging between the ends is an actuating device configured to produce bending of the torsion spring for releasing the locating coupling and to produce coupling of the locating coupling by reducing the bending.
2. (Previously Presented) The adjustable steering column according to claim 1, wherein the actuating device is configured to be put in motion by a fluid.
3. (Previously Presented) The adjustable steering column according to claim 1, wherein the actuating device is configured to be put in motion electromagnetically.
- Claim 4. (Canceled).

5. (Previously Presented) The adjustable steering column according to claim 1, wherein in the released state, the torsion spring is configured to assume its expanded state.

6. (Previously Presented) The adjustable steering column according to claim 1, further comprising a further spring configured to force the torsion spring into the expanded state.

7. (New) An adjustable steering column, comprising:  
a first locating coupling and a second locating coupling, the first locating coupling and the second locating coupling arranged opposite one another, each of the first locating coupling and the second locating coupling including two coupling parts configured to be brought into contact with one another;  
a pressure element arranged between two mutually corresponding, medial ones of the coupling parts of the first locating coupling and the second locating coupling; and  
a tension element interconnecting two outer mutually corresponding ones of the coupling parts of the first locating coupling and the second locating coupling;  
wherein the pressure element includes a leaf spring configured, with mutually opposite ends in an expanded state, to push the medial coupling parts away from each other and in the direction of the outer coupling parts and, while in a compressed state, the distance between the ends is configured to be shortened by bending; and  
wherein engaging between the ends is an actuating device configured to produce bending of the leaf spring for releasing the locating coupling and to produce coupling of the locating coupling by reducing the bending.

8. (New) The adjustable steering column according to claim 1, wherein the actuating device is configured to be put in motion by a fluid.

9. (New) The adjustable steering column according to claim 7, wherein the actuating device is configured to be put in motion electromagnetically.

10. (New) The adjustable steering column according to claim 7, wherein in the released state, the leaf spring is configured to assume its expanded state.

11. (New) The adjustable steering column according to claim 7, further comprising a further spring configured to force the leaf spring into the expanded state.